

YOUR HEALTH & WELL BEING



CIGNA HealthCare
A Business of Caring.



Your Pregnancy: A Healthy Start

You're expecting. It's an exciting time. But it can also be overwhelming. What will you name your baby? What color will you paint the nursery? What clothes will your baby need?

With so many questions, it's nice to know that there are some steps you can take to make a big difference in your baby's life.

YOU AND YOUR DOCTOR

Your doctor is an important resource during your pregnancy. Ask yourself early on whether you feel comfortable talking openly with your doctor and asking him or her questions. If you're not sure, you may want to switch doctors. Because much of your baby's development takes place in the first few weeks of pregnancy, it's important to see your doctor as soon as you think you may be pregnant.

FOOD FOR TWO

What you eat is especially important when you're pregnant. Your growing baby needs nutrients from the basic food groups. According to the U.S. Department of Agriculture, a healthy daily diet includes:

- 6 to 11 servings of grains, such as whole-grain breads and cereals
- 3 to 5 servings of vegetables
- 2 to 4 servings of fruits
- 2 to 3 servings of dairy products, such as low-fat milk or yogurt



- 2 to 3 servings of proteins, such as meat, fish, eggs, poultry or beans

To supplement your diet, your doctor may recommend a prenatal vitamin that contains iron, calcium and folic acid.

EXERCISE

Getting a moderate amount of exercise during pregnancy helps many women feel better, both physically and mentally. But workouts aren't for everyone. Ask your doctor what activity level is right for you.

EDUCATION

Childbirth classes can help you and your partner better understand your pregnancy and prepare you for labor and delivery. They can also help you feel more confident as you near your delivery date. To find a childbirth class in your area, check with your doctor or the hospital where you plan to deliver your baby.

Did You Know?

If every woman of childbearing age took enough of the B vitamin folic acid before and during early pregnancy, the incidence of some types of serious birth defects could be reduced by as much as 70 percent. Because about half of all pregnancies are unplanned, the March of Dimes recommends that all women of childbearing age take 400 micrograms of folic acid every day. If you are planning to become pregnant, talk with your doctor about getting enough folic acid. If you have any other questions about how to prepare for a healthy pregnancy, visit myCIGNA.com or call the CIGNA 24-Hour Health Information LineSM at 1.800.CIGNA 24.

Registered Nurses that Answer Your Calls

You wake up Sunday morning with a fever. You don't think it's serious enough to require a trip to the emergency room or walk-in clinic. Yet you're uncomfortable and need information and relief. **Right now!**

What do you do if you don't want to wait until the next morning to see your doctor? If you're a CIGNA HealthCare member, just call the **CIGNA HealthCare 24-Hour Health Information LineSM** and speak to a registered health information nurse. All you need is a telephone. You don't even have to get out of bed!

CIGNA HealthCare health information nurses are always available when you need guidance about your health - even minor concerns. The nurse can:

- Listen to your symptoms and help you assess your needs.
- Refer you to a nearby emergency room, if needed.
- Connect you to the Health Information Library, where you can choose from hundreds of detailed audio-taped programs on important health topics.

When is a good time to speak with a Health Information Nurse?

- You have a stomachache, but aren't sure if you should wait to see your personal physician or seek care as soon as possible.

- Your child has an earache in the middle of the night.
- You think you pulled a muscle carrying a heavy box.
- You're traveling and think you may be developing a sinus infection.

The CIGNA 24-Hour Health Information Line. Convenient. Toll-free. Call 1.800.CIGNA 24 from anywhere. At anytime.

Did You Know?

If you are wondering about how to treat a skin rash or need advice on how to calm a crying baby, you can call the CIGNA HealthCare 24-Hour Health Information LineSM and speak to a registered nurse at 1.800.CIGNA24.

Your Baby's Safety – It's Never Too Early

The CIGNA HealthCare Healthy Babies[®] program offers a number of services and resources to our pregnant members to help ensure the delivery of a healthy baby.

The program works to educate expectant parents, paying special attention to the needs of mothers and their babies. As a participant in Healthy Babies, you'll have opportunities for support through your entire pregnancy – and after.

The following are some of the features that are available through the program:

- Members who enroll in the Healthy Babies program receive educational materials published by the March of Dimes[®] about how to have a healthy pregnancy and a healthy baby.
- They also have access to the CIGNA HealthCare 24-Hour Health Information LineSM and may talk to a registered nurse about questions or concerns.

- Members who are considered to have high-risk pregnancies may take advantage of case management services. The case manager provides these members with information about their risk factors and helps them coordinate health care services and benefits.

If you are pregnant and would like to enroll in the Healthy Babies program, call CIGNA HealthCare Member Services at the toll-free number on your ID card.

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